

## Myths and truths about Stretching

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- 2) Define Stretch Tolerance Visco-elastic and Analgesic.
- 3) List the 3 hypothesis asked by this study
- 4) What are these researches using to measure the effectiveness of each variable?
- 5) Which tissue is affected most by stretching? Muscle or Tendon
- 6) Based on previous research, How long should an individual stretch be held to increase range of motion?
- 7) What are the apparent benefits of a 30sec stretch vs. 10sec stretch? Is this benefit permanent?

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- 9) What should recreational athletes do to prevent injury before stepping into a game situation.
- 10) Which type of stretching method has resulted in the greatest increase in ROM? Is this conclusion definitive? Why?
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